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T H E
C A S E

O F
Mr. JOHN FERGUSON,

O F
Argyleshire in SCOTLAND,

W H O
Hath lived above Eighteen Years only on
WATER, WHEY, or BARLEY-WATER;

T O G E T H E R
With OBSERVATIONS thereon :

Wherein are laid down

The Possibility of the Truth of the said CASE,
attested to the ROYAL SOCIETY, on
Thursday the 9th Day of *December* 1742.

S U P P O R T E D

By CASES of the like Nature from Authors; REA-
SONS why such slender Diet hath been able so long
to support Life.

W I T H

Some Curative Intentions and Remedies for this Person's
recovering his pristine State of Health.

By THOMAS UMFREVILLE, M. D.

*Non sunt contemnenda quasi parva, sine quibus
Constare magna non possunt.* D. Hieronym. Ep. 89.

L O N D O N :

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T O T H E
R E A D E R.

AN Abstinence of so long Continuance as this with a great many gains little Credit; People not being easily persuaded to believe any Accident they imagine very difficult, or not possible to be accounted for. My Endeavour therefore to prove the Possibility of what I believe to be true (being the Product of a few leisure Hours) I hope may be a Means in some manner to confirm the Truth of this C A S E. The Authors from whom I have collected the few Cases I have set forth, were learned, sagacious, and successful Physicians;

To the READER.

and who, as I apprehend, would not have crowded their Works with Stories they did not believe. I publish these Observations, not for the Instruction of Practitioners in my Profession, *viz.* Physicians (most of whom may be better able to handle this Matter than myself) but for the Perusal of those who are not so conversant with the *Greek* and *Latin* Authors; and I herein only intend to promote the Belief of real Truth, hoping all I herein offer will be observed with that Candor becoming an impartial Reader; and to a just Corrector shall always think myself obliged.

The

The C A S E of one John Ferguson, who now lives, and for the Space of Eighteen Years last past, hath subsisted only on Water, Whey, or Barley-water, attested to the Royal Society on Thursday the 9th Day of December 1742, by Mr. Charles Campbell Preacher of the Gospel in Scotland, who living near the said Ferguson had been in Company and Discourse with him.

“ **T**HAT in the Month of *July*, about
 “ Eighteen Years past, one *John*
 “ *Ferguson*, Herdman of the Parish of *Kil-*
 “ *melford* in *Argyleshire* in *Scotland*, of
 “ the Age of Thirty-eight Years, on a warm
 “ Day over-heating himself in Chace of
 “ Cattle, drank plentifully of cold River
 “ Water, whereupon he fell asleep by the
 “ River Side, and slept for Twenty-four
 “ Hours; on waking he found himself in a
 “ violent Fever, was carried home, and
 “ there desiring Drink, they gave him Wa-
 “ ter, on drinking whereof he vomited;
 “ ever

“ ever since which Time he hath not been
 “ able to contain in his Stomach any thing
 “ except Water, Whey, or Barley-water:
 “ That in the Summer Season he useth for
 “ his Food only cold Water, and in Win-
 “ ter only warm Whey, or Barley-water:
 “ That if in drinking the Barley-water, one
 “ Grain of the Barley should accidentally be
 “ swallow’d, his Stomach immediately ejects
 “ the same by Vomit: That, in order for
 “ the Discovery of any Fallacy that might
 “ be used, the said *Ferguson* hath been by
 “ his Father’s Master confined in a Room
 “ for twenty Days, during which Time
 “ he lived only on Water, Whey, or Bar-
 “ ley-water, and during that Time had no
 “ Stool: That the said *Ferguson* hath a
 “ florid fresh Countenance, seems as other
 “ Men in other Respects, but is weak, and
 “ not so fit for Labour; his Evacuation by
 “ Urine seemeth in Proportion to the Quan-
 “ tity he drinks; and he generally in his Busi-
 “ ness walketh about five Miles every Day.”

*This Account I received from the above-
 named Mr. Charles Campbell.*

S O M E
OBSERVATIONS

O N

This remarkable CASE;

W H E R E I N

I first propose shewing a Possibility of the Truth thereof, supported by Cases of the like Nature from Authors: Secondly, I shall lay before you the Action of cold Water, in creating this Change in the Constitution; with some Reasons why that slender Diet of cold Water, Whey, or Barley-water, hath been able so long to support Life in this Man: And lastly, I shall offer some curative Intentions and Remedies for this Person's recovering his pristine State of Health.

THIS Abstinence *prima facie* shews itself to be a morbid State, created by that great Error of drinking cold Water when

The CASE of

when hot : That it is possible, that the drinking a large Quantity of cold Water when heated by Exercise, is able to produce in this Person that Change in Nature that hath been before taken notice of, will be granted, I doubt not; many Instances whereof will be proved by the Authority of the Cases hereafter mentioned. If so, in what Manner it operates in creating this Change, and how it is possible that the same shall deprive the Animal from being able to enjoy the Aliment he before used, comes next to be considered. I shall not describe the Structure of the *Æsophagus* and Ventricle, their Coats, Arteries, Veins, Nerves, &c. they being accurately delivered by Anatomical Authors, a true Knowledge whereof depends on ocular Demonstration at Anatomical Courses.

THAT nothing will do us more Injury, or sooner procure a sudden Death, than the drinking plentifully of cold Water when the Blood is much exalted and attenuated by Exercise, few (I believe) will deny. *Hippocrates* mentions a Case, where the
 drinking

drinking of cold Water after Exercise terminated in Death the third Day ; his Words are (a) :

C A S E I.

IN *Abdera*, the Keeper of the Wrestling Place, who was called *Steneos*, having engaged with one stronger than himself, had a Fall on his Head, went away and drank plentifully of cold Water, could not sleep, but was restless all that Night, and cold in his Extremities : The next Day he went home, and though a Suppository was used no Stool was procured ; first he made no Water, afterwards a little ; at Night a Bath was made use of, he remained yet without
B Sleep,

(a) Ἐν δὲ ἀβδήροις ὁ παλαιστροφύλαξ, ὁ καὶ σθενεὸς λεγόμενος, παλαίσας πλείω πρὸς ἰσχυρότερον. καὶ πεσὼν ἐπὶ κεφαλὴν, ἀπελθὼν. ἔπιε ψυχρὸν ὕδωρ πολὺ. μετὰ δὲ ταῦτα ἐκείνης τῆς νύκτος, ἀγρυπνίη. δυσφορία. ἄκρα ψυχρά. τῇ δὲ ὑστεραίνῃ, εἰσῆλθεν εἰς οἶκον. καὶ τῇ κοιλίῃ βαλάνῃ προσεδείσθη, οὐχ ὑπῆλθεν. ὕρῃσε δὲ σμικρόν. πρότερον οὐδὲν ὑρῆκει. ἐς νύκτα ἐλούσατο. οὐδὲν ἦσσαν ἀγρυπνίη καὶ δυσφορία. παρέκρουσεν. ἐόντι δὲ τριταίῳ, κατάψυξις ἄκρέων. ἐκθερμειθεὶς ἴδρωσε. πικρὸν δὲ μελίκερτον ἀπέθαιε τριταῖος. Epid. Lib. 6. Sect. 8. Text. 53.

Sleep, and uneasy, he was delirious: The third Day his Extremities were cold, he sweat, and was hot, having drank some Mead he died. *Fæsius* seems convinced this Person's Death was occasioned by drinking the cold Water, telling us (*a*), in his Observations on this Case, That it is very reasonable to think, that the drinking much cold Water, whereby the Viscera are rendered cold, and in a manner congealed, might be the Cause of Death; which, that it hath happened to some when they have been overheated, Physicians of no small Repute have in their Writings testified: And informs us, he had seen at *Paris*, that a young

(*a*) Ex copioso frigidæ haustu refrigeratis internis visceribus & quodammodo congelatis; credibile est mortem acceleratam. Quod & quibusdam impense calefactis accidisse nobiles Medici scriptis tradiderunt, & nos adolescenti pilæ ludo plus æquo incalescenti, liberaliter epota frigida intra paucas horas mortem de repente contigisse Lutetiæ vidimus. Ex refrigeratione autem interiore, extincto prope calido nativo, facultates naturales sunt sopitæ ac congelatæ, adeo ut neque alvirecrementa neque urinam redderet, & magna extremorum perfrictiositas consecuta.

young Man having overheated himself by playing at Ball, on drinking plentifully of cold Water, died within a few Hours. From an internal Réfrigeration, saith *Fæsius*, the innate Heat being destroyed, all the natural Faculties were rendred languid and congealed; so that the natural Excretions were not promoted by Stool or Urine, and a Coldness of the Extremities ensued.

C A S E II.

IN *Hippocrates* (a) likewise we read, That the Son of one *Epicharmus*, who from walking and drinking had no Digestion, and the next Day in the Morning being very restless, on drinking a Mixture of Water, Vinegar and Salt, vomited Phlegme, afterwards he had a Shivering; he used a

B 2

Bath

(a) Τῷ Επιχάρμῳ ξυνέθη ἐκ περιόδου, καὶ ποτῶ ἀπειψίη. Τῇ ἑσπεραίῃ δὲ πρῶτῃ ἄσης γενομένης, πινὼν ὕδωρ. ὄξος. ἄλας. ἐξήμισσε φλέγμα. μετὰ δὲ ζῆγος ἔλαβεν. ἐλούσατο πυρετρίαιων, καὶ σῆθος ἦλγει. τῇ τρίτῃ εὐθὺς πρῶτῃ, κῶμα. ὀλίγον χρόνον ἐπεῖχεν, καὶ ἐσπλήρει. καὶ πυρετὸς ὄξους. βαρέως ἔφερε τὴν νόσον τῇ τετάρτῃ ἀγρύπνος. ἀπέθανεν. Epid. Lib. 7. Sect. 7. Text. 117.

Bath in the Paroxysme of the Fever, had a Pain in his Breast: The third Day, early in the Morning, he was affected a little Time with a Drowsiness, and grew delirious, very feyerish and restless: The fourth Day he had no Sleep, and died.

C A S E III.

Fabricius Hildanus (a) reports to us, that a Man overheated by riding, immediately died on drinking a large Draught of cold Wine. The same Author (b) informs us, that a Citizen of *Aventicum* in *Switzerland*, by Name *John Cassellanus*, who on overheating himself on a Journey, after drinking a Draught of cold Water, was seized with a Fever; and advising with no rational Physician, but following the Advice of several Empiricks and ignorant Women, fell into a Cachectick State, and a little after ensued a continual Nausea and bilious Vomiting, continually bringing up his Vic-
tuals

(a) Cent. 3. Observ. 49.

(b) Cent. 4. Observ. 45.

tuals indigested. Not long after he complained of a Pain in his Belly, which encreased daily, his vomiting by Degrees quite remitted; but the Pain in his Intestines grew so severe for some Months, that Night and Day he appeared in great Torture, and refused all Food, whereby his Strength was by Degrees in a surprising Manner exhausted. What *Fabricius* gave this Man was without Success; he was reduced to a Skeleton, was always in a Fever, and never went to Stool. On opening his Body after Death, almost all the Liver was found putrid; the Gall-bladder quite empty, and the *Ductus Choledochus* too lax and open: The Intestines, especially the small ones, were all over tinged with a yellow Saffron Colour; as also the Kidneys, whose Substance appeared as if they had begun to mortify. His Observations on this Case are, That he believed a very bilious acrid Humour was continually passing to the Intestines by the *Ductus Choledochus*, which was the Cause of this grievous Pain in the Intestines;

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Intestines; and because by the Vomiting and Weakness of the Parts, the Intestines were interrupted from expelling this acrid Matter by Stool, the Pain was the more increased by reason of that Retention.

C A S E IV.

(a) HE likewise informs us, That one *John Dumollin*, a Clergyman in *Morins*, near *Calais*, a robust Man, of about Thirty-three Years of Age, when in Harvest-time, after he had over-heated himself in the Field, and returning home after Sun-set, bathed in the River; and afterwards putting on his Shirt wet, that by Accident had fell into the River, not long after was seized with a Fever, attended with a Pain in his Head, dry Cough, Tension and Pain in his Sides: That his Fever left him rather by the Help of Nature than of Art (no Physician being consulted) but the Pain in his Head and Cough remained to his Death: That from the Beginning
he

{a) Cent. 3. Observ. 50.

he neglected himself, but afterwards finding himself grow worse, he sometimes advised with learned Physicians, and sometimes with Empiricks, but without Success. His Liver, *Fabricius* declares, seemed hard as a Stone; he grew hectic, quite lost his Appetite, and died, having lived two Years in this miserable Way.

C A S E V.

IN the same Author (*a*) we likewise read, That in the Year 1595, a Girl of about Fourteen Years of Age, that was brought to *Cologne*, had lived three Years without eating or drinking: This was verified by the Parents of the Girl, and other creditable Testimonies. *Fabricius* strictly examined her; she had a dull melancholly Countenance, her Body moderately fleshy, except her Belly, which was depressed and retracted to the Spine of her Back: The Liver and the rest of the Viscera to him seemed schirrous;

(*a*) Cent. 2. Observ. 40.

rous; she never went to Stool: She loathed all Food to such a Degree, that if any one suddenly put a Bit of Sugar in her Mouth, she immediately fainted: She danced and played with other Children, and seemed as if she ailed nothing; and her Body had its natural Colour. Her Parents told him, that about seven Years before that Time she had recovered from a dangerous Illness, and that by little and little she began to loath all Food; so that in the Space of four Days she tasted no Victuals: After which, subsisting only on a little New Milk, she at last, in the Space of six or seven Days, entirely abstained from eating or drinking.

C A S E VI.

GIVE me leave to offer one other remarkable Case from this Author (*a*), who informs us, That in the Year 1612, at *Mærsia*, in the Dominions of the Prince of *Nassau*, he saw a Woman called *Eve Flegen*,

(*a*) Cent. 5. Observ. 33.

gen, of about Thirty-seven Years of Age, who at that Time had lived above fifteen Years without eating or drinking: That from her Infancy she had not her Health, but was continually subject to the Headach: That in the Year 1597, after the Feast of *Easter*, which was the Twenty-first Year of her Age, having recovered of a grievous and long Illness, rather by the Help of Nature than the Medical Art, by Degrees began to loath all Viſtuals and Drink; so that in the Space of a Year she would neither eat or drink any thing: That for the first five Years of her Abstinence, every third Day about Sun-rise, she said a Sort of splendid Light surrounded her, wherewith she was much delighted; and that her Mouth and Tongue were moistened with a Sort of honey'd Substance, wherewith she declared she was refreshed. And *Fabricius* asserteth, That at the Time he saw her, a very dulcified Humour moistened her Mouth. This Woman was devout and religious, of a middle Stature, pale Countenance, and down Look: Her

Belly was retracted to the Spine of her Back, when he saw her, yet without any Schirrosity of the Parts within-contained; her Ears and Nostrils seemed moderately moist, and Tears for the most part flowed from her Eyes: She had no Discharge by Urine or Stool, neither had she any Appearance of the Catamenia: She never sweat, yet her Body sometimes seemed warm, as if she had been inclinable thereto: She was of a temperate Warmth, her Pulse languid, obscure, and in a manner not perceivable, yet sometimes regular: She went out, but not without the Help of a Stick: She declared her Feeling was entire, and that the Change of Weather affected her as others. The Parents of this Woman died before this her wonderful Abstinence happened, and she lived with pious good People. The Truth of this Case seems strengthened with the Testimonies of Persons I think I should not doubt or mistrust. What her End was I do not find; she was living in the Year 1619, and in this State of Abstinence.

C A S E VII.

IN *Sennertus* (*a*) we read, That a Girl of fourteen Years of Age in *Tuscany*, in the Year of our Lord 1603, who was in a waisting State, had lived sixteen Months on Water only: That she was weak, drowsy, and silent; her Limbs were contracted: She had no Discharge except by Urine; afterwards her Stomach returned, and she recovered.

C A S E VIII.

IN the same Author (*b*), we find another Girl of the same Age at *Confolentum*, a City on the Confines of *Limofin* and *Poictiers* in *France*, who lived three Years without eating; an Account whereof was published by *Citesius* a Physician. It appears, that in the Year of our Lord 1599, in the eleventh Year of her Age, she was seized with a Fever, attended with a Vomiting: That on the

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(*a*) Tom. 2. Lib. 3. Par. 1. Sect. 2. *De Longa Abstinencia.*

(*b*) Ibid.

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Remission of the Fever she became speechless, and remained so fourteen Days; when her Voice returned, she was delirious, and had neither Sense or Motion; and her Stomach became so weak, that she loathed all Food: That after six Months, she began to recover the Use of her Limbs, her Stomach yet remaining in the same State; her Abdomen fell in, so that from below her Ribs to the Os pubis, she was much altered from what she used to be, and seemed as if all the Muscles of the Abdomen, the Intestines, Viscera, and all her internal Parts, had been taken from her: The other Parts of her Body seemed not thus emaciated; her Chest seemed full, her Breasts moderately turgid, her Arms, Thighs, and Legs sufficiently fleshy; her Face plump, her Lips were of a dark red Colour, her Tongue contracted, yet her Speech was free; the Hair of her Head was very long, her Hair, Nails, yea all her Body, seemed augmented: She had no Discharge either by the Anus, Bladder, Uterus, or Cutis; she seem-

ed

ed to the Touch to be always cold and dry, and hardly by any Motion grew warm, tho' she was busied in her Household Affairs: She went to Market, swept the Rooms, spun, and did other Things of this Nature, her Senses and Motion being in no manner prejudiced.

C A S E IX.

WE read here likewise (a), That in a Village called *Schmidtweiler*, in the *Lower Palatinate*, in the District of *Cæsarea Lautera*, there was a Girl by Name *Catherine*, a Cooper's Daughter, who lived seven Years without eating or drinking, who, by Command of the Count *Palatine*, on the fourth of *November* 1584, was visited by two Physicians; and by the like Order, on the fourteenth Day of *April* 1588, she was again visited by two other Physicians, at which Time she began a little again to eat and drink. What in this Case is further
taken

(a) Ibid.

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taken notice of, is, That the ninth Week of her Illness violent Pains seized her, whereupon she vomited a viscid Matter, mixed with Blood, as much as half an Egg-shell would contain; and that for the Space of six Years she only slept about the eighth Part of an Hour at one Time.

C A S E X.

Sennertus likewise (a) reports this Case, taken from the *Genoese* Physicians, That in the Year of our Lord 1601, a brisk lively Woman, of about Twenty-two Years of Age, was conveyed to *Genoa*, who was kept in Custody, with a watchful Eye over her, and was found to live many Years only on Water.

C A S E XI.

HERE (b) also we read, That a Girl called *Apollonia*, born in *Gatz*, in the Jurisdiction of

(a) Ibid.

(b) Ibid.

of *Bern*, a City of the *Switzers*, who at first had an Aversion to Bread, and afterwards to all other Victuals, and was nourished by Broths only; which by Degrees she likewise abhorring, used only some Spoonfuls of Wine, diluted with Water; which she also at last refused, and lived some Months without eating or drinking. The Senate of *Bern* being inform'd hereof, order'd, that the Mother and the Girl should be put into the Hospital of the City for the Discovery of any Fraud that might be used; whereupon, under the strictest Observation, she was found to live without Aliment. What was further remarkable in this Person was, That the Flies, of which there was great Plenty in the Stove-room where she lay, settling on her Face, and other naked Parts of her Body, were not at all perceived by her, neither was she much affected by cold Winter Weather. She was in *Switzerland* in the Year 1600, and remained in this State to the Year 1612, when about *Christmas* Day her Appetite began

The CASE of

began a little to return, and by Degrees her Stomach, Liver, and other Parts, returned to their natural State; her Abdomen, which before was extenuated and hardened, again became softened and elevated, her Excretions were again had as before, her muscular Strength return'd; and she, who had lived above ten Years in a weak Condition, without eating or drinking, became capable of going about and doing her Business: Yet her Senses which, during the Time of her Abstinence remained entire, began to grow languid, and her Head so affected, that she became in a manner foolish.

C A S E XII.

I SHALL trouble you only with one other Case of this Nature from the same Author (*a*), concerning a young Woman born at *Halberstad* in *Germany*, who lived above nine Years without eating, That in the Year 1614 she was taken ill, and so continued for fourteen

(*a*) Ibid. Pag. 385.

teen Days; during the Time of her Illness she eat nothing, when she recovered she had such an Aversion to Victuals, that in the Space of a Day she hardly eat any thing: That afterwards being invited to a Wedding, where, by Entreaty, eating more than usual, she became so ill for eight Days, that her Life was despaired of. From this Time to her Death she eat nothing, but every Day drank about a Pint and a half of Ale, wherein if, unknown to her, they had put any Bread, she would not drink: Her Body was of a good Colour, not emaciated; she was weak, wherefore obliged to live a sedentary Life. In the Year 1623 she died, under a dejected melancholick State, created by the coming of some insolent Soldiers her Mother was obliged to take in.

I COULD produce many more Cases of this Nature from various Authors, but apprehend those I have here taken notice of, sufficient to shew a Possibility of the Truth of *Ferguson's* Case, and that his abstemious

Life is not without Examples. I come now to consider in what Manner cold Water operates in creating this Change, and how it is possible that the same shall deprive the Animal from enjoying the Food he before used. As the Blood suffers a great Change by liberally drinking cold Water, when the Body is intensely heated, it may not be improper briefly to give some analytical Description of its compounding Parts; and as it is a heterogeneous Fluid, consequently is subject to be divided, or rendered more strongly connected, by any sudden Change in the Non-naturals. The Blood hath its aqueous, sulphureous, and earthy Parts; the aqueous Part keeps it in a proper State of Fluidity; the sulphureous is the Cause of its Heat, Colour, and penetrating Quality; and the earthy binds as it were these Parts together, and composeth any too great Activity of the sulphureous Part. Mr. Boyle (a), in an Experiment made on the Blood of a healthy Person,

(a) Hist. Hum. Blood, Part 3. Pag. 22. Exp. 2.

Person, shews the fluid Part three times exceeds the solid: From which Theory of the Blood *Hoffman* (a) informs us our Drinkables ought three times to exceed our solid Food; which Observation is thus to be understood: In every Pound of Victuals we eat is contained one half liquid; therefore if with every Pound we drink one Pound of Liquor, the Fluid used at that Time will be to the solid as three to one.

By Chymistry it appears there may be had from the Blood, a Water, a Spirit, an Oil, and volatile Salt; and at last there remains a fixed white Earth in the Bottom of the Vessel. All these may, by the Help of Fire, be drawn from all the solid Parts of Animals; wherefore it is said, that the Solids take their Nature and Increase from the Fluids. The Blood of live Animals, observed in a Microscope, exhibits an infinite Number of Globules swimming in a Lymph; a more particular Description

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(a) Syft. Tom. 1. Pag. 93.

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whereof may be read in *Lewenboek* (a). Thus, considering this vital Fluid, we shall easily conceive the Action of cold Water liberally drank, at a Time when the Blood is greatly alcalized and exalted by Motion.

COLD Water drank at this Time coagulates this Fluid; from hence the heaviest fibrous Parts are precipitated, and the ferous forced to the Sides of the containing Vessels. This we see in some manner proved after Bleeding, when, after the Blood hath remained some time in the cold Air, the heaviest Parts subside, and the lighter appear on the Superficies. This likewise may be observed, by suffering the Blood to flow out of the Orifice into a Bason of cold Water, whereupon we shall see all the heaviest Parts thereof will be sent to the Bottom of the Bason: And thus by sudden Cold, the Blood, which before was of a kind, temperate Nature, and entirely united in all its Parts, as it ought to be in a State of Sanity, becomes

(a) Tom. 2. Pag. 174. Tom. 3. Pag. 50, 217, 221, 222.

becomes now divided by a Precipitation of its heavy, and Elevation of its lighter Parts. From hence is the Circulation rendred languid, and all the Viscera and Vascular System blocked up; from hence arise Stagnations, Inflammations, and Mortifications; in short, from hence may arise almost all the Distempers unto which we are subject. Thus the internal villous Coat of the Stomach becomes distended and inflamed, by the precipitated grumous Matter contained in its vascular Coat; and will not therefore be able to contain any solid Aliment, till either the Strength of Nature, or Medicinal Art, shall first have discharged this stagnated Cruor. The Observation of *Sennertus* (a) concerning the Event of long Abstinence, seems consonant to this Theory; he imputes the Cause

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(a) Triplex autem est exitus & eventus istius jejunii. Vel enim homines iterum convalescunt & edere incipiunt, vel moriuntur, vel in alium morbum incidunt. Qui tamen in alium morbum incidunt, alii rursus comedere incipiunt, alii simul perpetuam inediam ferunt. Qui ergo ad sanitatem redeunt, & cibis iterum assuescunt, in iis humor vitiosus ille

The C A S E of

to a melancholick vitious Humour, and concludes by saying, The Event of this Abstinence is threefold, *viz.* The Persons either recover their Health, and begin again to eat, die, or fall into some other Distemper: Of those who fall into some other Distemper, some of them return to their Appetite, and some suffer a perpetual Abstinence: That those who recover and eat, in them this vitious Humour is consumed and discharged; but in those who die, it at last overcomes and extinguisheth the innate Heat; and in those who fall into some other Distemper, this Humour settleth on some particular Part: That according to the Nature of the Humour, and its greater or less Resistance, the Abstinence goes off sooner, or later. An Instance concerning the settling of this
Humour

ille plane absumitur & evacuatur. Qui vero moriuntur in iis vitiosus humor calorem nativum tandem superat, & extinguit. Qui in ægitudinem aliam incidunt, iis humor vitiosus in partem aliquam privatam decumbit. Et quidem pro humoris natura & resistentia majori vel minori, jejunium hoc nunc citius solvitur, nunc diutius durat. *Ibid. Sub finem. Lib. De Abstinen. ad Pag. 389.*

Humour on some particular Part, we find in the eleventh Case, where, after Recovery from the Abstinence, the Brain became so affected, that a Sort of Stolidity ensued. But you will say, how is it possible that a Man shall live eighteen Years only on Whey, or Barley-water in the Winter Season, and cold Water in Summer? And why doth this Man, if in a morbid State, look well, and with a fresh florid Countenance? I answer, For that People who are in this State of Abstinence, have no Discharge by Perspiration or Stool, and sometimes neither by Urine. *Sanctorius* (a) informs us, that the Quantity of Matter carried off by insensible Perspiration in the Space of one Night, is double the Quantity of all the other Evacuations, and above ten times as much as goes off by Stool in the same Time; and that there is as much carried off by insensible Perspiration in one Day, as goes off by Stool in fifteen. And, according to the
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(a) *De pond. Aph.* 59, 60.

ingenious Mr. *Lewenhoek's* Account, whereby he supposeth (*a*) a Grain of Sand will cover 125000 Orifices, thro' which we perspire, the Discharge this Way must be greater than we could have imagined: Therefore, as this Waste of Substance is diminished in these People as to every Evacuation, so likewise may they live in their languid Way with very small Nourishment. And Life may be supported until the Solids of the Animal become infarcted, and choaked with sarcomatous and schirrous Concretions, created not only by the Lensor and Viscidity of the Juices, but also by the depraved Elasticity of the Fibres; whereupon Death must ensue, unless by Art we again procure an *Æquilibrium* between the Solids and circulating Fluids. The late learned Dr. *Arbutnot* (*b*), in his Essay concerning the Nature of Aliments, declares, that an Animal that starves of Hunger dies feverish and delirious; for that the most fluid

Parts,

(*a*) Tom. 1. Pag. 207.

(*b*) Pag. 48, 49.

Parts are dissipated, what remains turns alkaline and corrosive: And further adds, that any watery Liquor will keep an Animal from starving very long, by diluting the Fluids, and consequently keeping them from this alkaline State: And affirms, that the Stories of long Abstinence, where Water hath been allowed, are not incredible. The perspirable Matter, whereof I have before spoken, *Lewenhoek* (a) collected (as appears in his Works) by keeping his Hand in a wide mouth'd Glass Bottle; and as he sat by the Fire, drank freely some warm Infusion, whereby he much promoted this Secretion. He (b) informs us, It is a Liquor limpid and pellucid, as is possible any to be; and that in some of this Matter (c), procured from his Face as clean as possibly he could, he found a great Number of little Scales, like those whereof our Cuticle seemeth composed; and likewise an immense

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(a) Tom. 2. Pag. 388.

(b) Pag. 391.

(c) Tom. 1. Pag. 100.

menſe Number of Globules of different Magnitudes, together with a great Number of ſaline Particles, which, although very ſmall, contained an elegant quadrilateral Form: That when the aqueous Matter, in which theſe Particles were contained, was too much, or quite evaporated; theſe ſaline Particles formed irregular large Figures, that they were ſo ſuſceptible of Alteration, that with the leaſt Change of Air they returned immediately again into an aqueous Matter. And he obſerved, among theſe Salts, ſome to reſemble the Leaves of Willow, very like thoſe obſerved in the Cryſtallization of Sal Ammoniac. *Winſlow* (a) ſhews us, this cutaneous Exhalation becomes ſenſible, by applying the End of the Finger to the Surface of a Looking-glaſs, or of any other poliſhed Body, it preſently looking dull, and appearing covered with a condensed Vapour: And adds, that the convex Sides of the Hands and Fingers do not furniſh ſo
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(a) Tom. 2. Pag. 121.

great a Quantity of this Exhalation, as the Palm of the Hand and the Insides of the Fingers, and that if at about half a Foot Distance we look at the Shadow of a bare Head on a white Wall, in a bright sunny Day in the Summer Season, we shall perceive very distinctly the Shadow of a flying Smoak, arising out of the Head and mounting upwards. All the physical Authors which I have consulted concerning this perspirable Matter agree, that it is of a saline, sulphureous, active Nature; and that, if it is retained in the Body, it, like a penetrating subtle Poison, by its corrosive Nature, exerts itself in the nervous System, affecting the most sensible Parts even in their innermost Recesses. It is obvious to every Practicer in Physick, that they, in whom this Matter is suddenly retained, have no Appetite, are weak and feverish; which is commonly called a catching of Cold: And it seems not improbable, that this retained perspirable Matter (be it of what Nature soever) in long Abstinencies, may perform

the Office of Aliment. *Galen* (a) gives us an Instance, where an old Woman of *Athens* used a great Quantity of *Cicuta* or Hemlock, which, instead of destroying, nourished her. *Dioscorides* (b) calls this *Cicuta* a deadly Poison, destroying by its cold Quality; and prescribes genuine neat Wine as a Remedy. *Zacutus Lusitanus* (c) reports a Story, taken from *Ruffus*, viz. That a Girl was nourished with Poison, by whom Kings were infected that conversed with her; with which Poison she was so saturated, that her Spittle would destroy an Animal. This Poison *Zacutus* thinks was the *Cicuta*. The *Athenians* in former Times were well acquainted with this Poison, who, when they had an Intention of destroying themselves, or others,

(a) *De Medic. Simp. Fac. Lib. 3. Cap. 17.*

(b) Ἐστὶ δὲ καὶ αὐτὸ τῶν φαρμάκων κατὰ ψύξιν ἀναιροῦν Βοηθεῖται δὲ ἀνθρώπων. *Lib. 4. Cap. 79.*

(c) Et dixit Ruffus, quod fuit puella nutrita veneno, per quam reges cum ea conversantes inficerentur, & quod ipsa consecuta est in complexionem suam consecutionem maximam, ita ut saliva ejus interficeret animal. *De Medic. Princip. Hist. Tom. 1. ad Pag. 873.*

others, would make use thereof; and its Juice, inspissated by lying in the Sun, was preserved at *Athens* for the Punishment of Malefactors. As to the second Part of the Question, *viz.* Why, if this Man is in a morbid State, he hath a florid fresh Countenance? To this I say, it appears by the Case that this Man walks five Miles every Day, whereby the languid Motion of the Blood is somewhat strengthened, and its Colour thereby supported, which may be done by moderate Exercise, whereby its sulphureous Parts become more capable of exerting themselves, and creating this red Colour: But yet this Colour in the Blood is not always a Diagnostick of the sound and healthy State of the Animal. *Hoffman* (a) declares, no Judgment can be formed concerning the Sanity and Integrity of the internal Parts of the Body, by the Sight of the Blood; and quotes *Ballonius*, where he takes notice, That a great many who had
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(a) Syft. Tom. 1. ad Pag. 100.

impure bad Blood, being opened after their Deaths, all their Parts were found found and entire; and that in others, whose Blood was good, their Viscera and Lungs were found putrid. And *Hoffman* affirms, grievous Distempers have not their Seat so much in the Fluids, as in the Solids, as when they are inflamed, hardened and obstructed. I shall now offer some curative Intentions and Remedies, whereby we may endeavour to restore this Man to his pristine State of Health.

IT is thought, that when the internal vilious Coat of the Stomach is once destroyed by any Abuse in the Non-naturals, it cannot be restored. Supposing then this to be true, and this to be the Case with this Man, the using Remedies would be to no Purpose: But that this is not always the Case with these abstemious People, we have Reason to believe; for that some, after their long Abstinence, have returned to their former accustomed solid Aliment. The curative Intentions therefore I propose are, *First*,
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That as Health consists in a great Measure in the regular Discharge of all excremential Matter, so the promoting all necessary Evacuation by the cuticular Pores, in this Case to me claims a first Thought. *Secondly*, I propose the attenuating and discussing all viscid Humours, that in this Case seem in a manner to choak the vascular System, and whereby the Coats of the Ventricle may be much distended: And, *Thirdly*, I should absorb all redundant, and mollify any acrimonious Humour, endeavouring to render a freer and more equable Circulation to the Blood; after which, by proper Strengtheners, the Parts will recover their just Tone, and all the Emunctories of the Body perform their Duty. But as this Disorder hath continued many Years, the Admonition of *Hippocrates* (a) seemeth here not unworthy Observation and Reverence:

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(a) Τὸ κατὰ πολὺ καὶ ἐξαπίνης κενοῦν, ἢ πληροῦν ἢ θερμαίνειν, ἢ ψύχειν, ἢ ἄλλως ὀκωσοῦν τὸ σῶμα κίνειν, σφαλερὸν. καὶ πᾶν τὸ πολὺ τῇ φύσει πολέμιον. τὸ δὲ κατ' ὀλίγον, ἀσφαλές. καὶ ἄλλως, ἢ τίς ἐξ ἑτέρου ἐφ' ἕτερον μεταβάλλῃ. Lib. 2. Aph. 51.

He tells us, that any sudden Change made on the Body, either as to Repletion or Evacuation, Heat or Cold, is always dangerous. That a Medium is always Nature's Friend, and that what is done by little and little is safe, especially in creating a Change from what hath been accustomed. The Intentions therefore of Cure before prescribed, ought to be with the greatest Caution put in Execution, otherwise we shall cure this Man by suddenly obliging him to pay that Debt we must all once discharge. To answer the first and second Intentions, I should advise all moderate Exercise, as walking, riding on Horseback a little at a Time. This riding on Horseback, Authors of no small Credit in Physick inform us excellently suits Hypochondriacks, and those whose Viscera are stuffed with viscid Humours: For that by this Motion, not only the Obstructions of the Mesentery and Intestinal Glands are removed, but also all Humours stagnating in the Fibres of the Viscera are discussed. As this Motion therefore acts
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in this Manner, how much all necessary Perspiration may be thereby promoted, is not difficult to conceive. *Cornelius Celsus* (a), in Affections of the Stomach, adviseth loud Reading, and Diversions that create a Motion in the superior Parts. *Ætius* (b) likewise, in this Case, adviseth Talking; informing us, we thereby open the Pores of all the Body; and that by Vociferation and loud Reading, are promoted Excretions of redundant Humours: That in those who read with a loud Voice, this happens by Sweat; but in those who read with a low Voice, is promoted insensible Perspiration. This Vociferation by the Antients was ordered, chiefly to those that, by reason of the Weakness of their Limbs, could use no other Exercise: And there is no doubt but that a languid Motion of the Blood may be much exalted by this Means; also Friction with a Flesh-brush, and Pediluvia's made by boil-

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(a) Lib. 1. Cap. 8.

(b) Serm. 3. Cap. 5.

The C A S E of

ing some emollient Herbs in Water, *viz.* Mallow Leaves, Elder and Camomile Flowers, Hypericon, &c. I say, if in this Decoction, moderately warm, a little before Bed-time, the Feet and Legs are for some Time suspended, the Circulation of the Blood in all the inferior Parts will be more free, and consequently in the superior less obstructed; whereby no small Benefit may be obtained. Epispasticks, or Blistering-plaisters, if the attending Physician observes no Symptoms that contra-indicate, may likewise be serviceable, by moderately rousing the Blood, and promoting a Secretion of Humours, that have in a Case of this Nature settled on the Brain (*a*); at which Time the Patient ought to use plentifully his Barley-water, with Gum Arabick; whereby his Discharge by Urine may not be impeded by any Stricture inflicted by the *Spanish* Flies. What answer my
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(*a*) See Case 11.

third Intentions are the Testaceous Powders; and these, if finely levigated and administered with Judgment, may be used by this Person without creating any Nausea; to which also a small Quantity of Saffron or Cochineal may be advantagiously mixed. If these should in too great a Degree prove Cathartick, which in some Constitutions happens, the Use thereof may be for some Time discontinued; but if they should exert themselves this Way with Moderation, the Patient cannot receive any Detriment thereby, but on the contrary an Advantage, by their thus stimulating the Intestines to their peristaltick Motion; whereby the digestive, and all the other Faculties, may be invited to their proper Duties. And, *Lastly*, Under the Administration of these Remedies, I should advise the Use of the Decoction of Hartshorn or Ivory Shavings, as likewise warm Infusions, or moderate Decoctions of nervous Simples; such as, Sage, Balm, Camomile Flowers, Mint,

The C A S E of, &c.

Marjoram, Rosemary, Scordium, Betony, the Roots of Scorzonera, China, Sarsaparilla, &c. To which Infusions, at the Time of Drinking, may be mixed some Chalybeat Water, and a little good old *Rhenish* Wine. If by the Use of these the Patient receives Benefit, he may venture on some easy solid Aliment, as boiled Trotters, Tripe, boiled Fowl; and sometimes Decoctions of white Meats, as Chicken and Veal Broth. And, finally, By a judicious Use of some of the spirituous compound Bitters of the Shops, the Solids of this Man may be restored to their pristine Tone, whereby he may be able to receive Nourishment from more substantial Food.

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